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Police remained at the scene of Tuesday's double shooting on Langside Street Wednesday morning.
One man was killed and a woman is in hospital in stable condition. SHANE GIBSON/METRO

Shooting in West End seems to be random

Daylight incident.
Police mum on what
led up to crime



SHANE
GIBSON

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Winnipeg police had few answers for reporters Wednesday about the city's latest homicide — a shooting in broad daylight in the West End Tuesday afternoon — which immediately saw a swarm of heavily armed officers and police dogs flood the area.

A report of shots fired brought police to the 500 block of Langside Street shortly after 4 p.m., where a man and woman were found suffering from gunshot wounds.

Both victims were taken to

hospital in critical condition, where the man later died.

The death of Nigel Dixon, 20, of Winnipeg, marks the city's fourth homicide of 2013.

Police spokesperson Const. Eric Hofley said the two victims were walking in the area when they were shot, but he couldn't elaborate on what happened leading up to the attack.

"There's several possibilities," he said, not ruling out robbery.

Hofley said police have had no previous dealings with either of the victims, and they do not believe the incident is gang- or drug-related.

"It is of a concern," he said of the seemingly random shooting. "Unfortunately these types of incidences do occur — not very often, thankfully — but at this time it does appear they were the unfortunate vic-

tims of an avoidable incident."

Police did not reveal the type of firearm that was used.

Hofley said the injured woman, who has since been upgraded to stable condition, is also from Winnipeg, but he couldn't say the nature of the relationship she had with Dixon.

No arrests

Police have made no arrests, and Hofley couldn't say how many suspects they're looking for.

- Anyone with information is asked to call the homicide unit at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

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Town of Morris council comes out in support of Pots N Hands

Controversy. After restaurant owners say they plan to close due to homophobic slurs, local politicians condemn 'minority' views



ELISHA DACEY
elisha.dacey@metronews.ca

The Town of Morris has issued an open letter after one of its local restaurants made national news headlines.

The owners of Pots N Hands, Dave Claringbould and his partner, told media earlier this week they plan to shut down due to homophobic slurs directed their way by a few bigoted locals.

"We were asked if somebody was going to catch something off of the plate because we had prepared the food on it," Claringbould said, noting there have been other incidents, though the majority of townspeople have been friendly.

The open letter expressed regret that the restaurant

would close.

"We as a council, along with our CAO, met for lunch at Pots N Hands to show support for this restaurant in our town," states the letter.

"In doing so, we made a public statement as a group that the people who represent Morris support our local businesses regardless of race, belief and/or sexual orientation (which really should go without saying. It is very disappointing that this has become an issue in our town). This lunch occurred a week ago, and was certainly not the first time any of us had eaten there.

"In discussions with the owners, it was made clear to us ... there was no intention to make this into what it has become — a national news story. Why? Because the owners understood ... that this small minority didn't reflect the positions and views of the Town of Morris as a whole.

"We appreciate the concern that has been voiced, but please remember that painting an entire town with the same intolerant brush is akin to the ignorance that made this front page news to begin with."

WITH FILES FROM THE CANADIAN PRESS



Dave Claringbould said he and his partner plan to close Pots N Hands in two weeks due to homophobic slurs.

TREVOR HAGAN/THE CANADIAN PRESS

Gay-straight alliance posters get go-ahead

A spunky teenager at the centre of a gay-rights battle in Manitoba schools no longer has to keep quiet about a support group he set up at Steinbach Regional Secondary School.

The Hanover School Division announced Wednesday that Evan Wiens will be al-

lowed to put up posters to promote meetings of his gay-straight alliance.

The decision overturned a school policy that prompted Wiens to engage in civil disobedience — putting up posters, having them removed, then putting them up again.

"I'm just really over-

whelmed and really overjoyed that they said yes," the 17-year-old said after learning of the decision.

"It's important that they're not allowing extra advertisement or less advertisement. It's really important ... that all groups are able to advertise the exact same way."

Wiens has become a focal point of the debate over Bill 18 — a proposed provincial law that would force schools to accommodate groups that promote diversity, including gay-straight alliances.

Some religious leaders have said that would violate the freedom of religious

schools to teach according to their faith.

Wiens found himself in a strange middle ground.

His public school allowed the alliance to exist, but forbade him from promoting it through posters in hallways, as other groups did.

THE CANADIAN PRESS

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1 NEWS

Union mum on private talks with mayor's office

Golf courses?

Meeting was in regards to alternate service delivery, says councillor



BERNICE PONTANILLA

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The representatives of the city's largest union met with Mayor Sam Katz's executive policy committee behind closed doors for about an hour on Wednesday.

While mum on the details of what transpired, a report tabled during the Feb. 25 alternate service delivery committee meeting called for EPC to meet with CUPE in-camera within 45 days to discuss the business plan for the private management of golf courses.

Coun. Russ Wyatt

(Transcona) would not confirm the topic was golf courses, but he did say it was regarding alternate service delivery.

CUPE Local 500 communications officer Karen Byzuk said president Mike Davidson has been asked by city hall not to comment on the discussions until the April 24 city council meeting.

But in his March 25 president's report, Davidson said CUPE reps met with 24 seasonal golf-course staff to discuss the proposed plan to lease four city-run golf courses: Crescent Drive, Harbour View, Kildonan Park and Windsor Park.

Members of city council — including the mayor — have repeatedly called for CUPE 500 to bid on work or face privatization, contracting out or job losses.

David Camfield, a University of Manitoba labour-studies professor, said this is a "completely misguided and



Mike Davidson, left, president of CUPE Local 500, chats with City of Winnipeg chief financial officer Mike Ruta following Wednesday's EPC meeting. BERNICE PONTANILLA/METRO

nonsensical" request.

"It's a ridiculous idea. A union cannot put in a bid

because a union is not an employer," he said, adding his advice for CUPE 500 leaders

is to "continue to keep up the fight against the privatization of city services."

Conflict of interest

Deputy mayor ready to step up

The city's deputy mayor said he hasn't paid close attention to the conflict-of-interest case involving Mayor Sam Katz, but he's ready to step up and assume that role if necessary.

"I'm aware of what the (City of Winnipeg) charter requires," said Coun. Russ Wyatt (Transcona), adding it's up to the courts to decide if Katz was in conflict. **METRO**

Time's Up Sam

Mayor blasts union for rally

Mayor Sam Katz didn't mince words when asked about Tuesday's "Time's Up Sam" rally calling for his resignation.

"I was absolutely shocked to see after spending a quarter-million dollars by the labour movement that all they could get is 50 people there — I would have expected 5,000 people," said Katz, referring to the anti-privatization advertising campaign by CUPE 500. **METRO**

Grocery stores

Motion fails to garner support

A councillor's attempt to have city officials study how New York City was able to bring grocery stores back to disadvantaged neighbourhoods failed to gain EPC's support. Coun. Ross Eadie (Mynarski) said certain areas have seen a loss of major grocery stores, and he's disappointed his motion was only received as information. **METRO**

City looks at disclosure policy for employees



Coun. Ross Eadie said a new disclosure policy for City of Winnipeg staff would be a proactive way to avoid serious problems. BERNICE PONTANILLA/METRO

A motion calling for a disclosure policy for City of Winnipeg employees survived Wednesday's executive policy committee meeting.

At first, it looked like the motion — authored by Coun. Ross Eadie (Mynarski) and seconded by Coun. John Orlikow (River Heights-Fort Garry) — would be received as information, effectively putting it on the shelf.

But EPC voted instead to

have city officials look at the motion and report back on it in 60 days.

"It's a management tool to avoid real serious problems," said Eadie after the meeting.

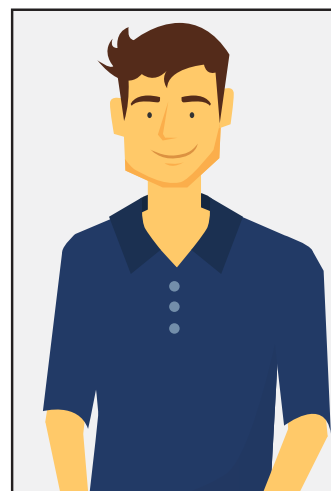
The motion calls for the city's chief administrative officer to "investigate and report back on recommendations to establish a disclosure process in the employee Code of Conduct for city employees making decisions related to

provincial legislation and city bylaws."

The motion also calls for the creation of a code of conduct committee for the city's most senior positions.

Eadie said disclosure is necessary because right now employees only tell their boss if there's a potential conflict, rather than declare businesses or assets that could create conflicts in the future.

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Downtown

Suspect sought after serious sexual assault

Police are looking for a suspect after a woman was sexually assaulted in

the city's downtown early Monday.

An 18-year-old woman called police after a man picked her up near Flora Avenue and King Street around 1 a.m. and drove a short distance away where he sexually assaulted her.

The suspect is white,

50 to 60 years of age, and tall, with a heavy build, grey hair and a short grey beard.

Anyone with information should call investigators at 204-986-6245 or Winnipeg Crime Stoppers at 204-786-TIPS.

METRO

House hit

Police investigate shots fired

Police are looking into another report of gunshots in Winnipeg.

Officers were called to the 400 block of Pacific

Avenue around 11:30 p.m. Tuesday where a house had been hit by gunfire.

Several occupants were home at the time, but no one was injured.

Police continue to investigate, and are not linking the shooting to Tuesday afternoon's shooting death

on Langside Street.

Anyone with information should call investigators at 204-986-6219 or Winnipeg Crime Stoppers at 204-786-TIPS.



METRO

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Hydro ads promote huge gamble on energy: Opposition

Review. Soft export markets mean projects need to be looked at before proceeding, Pallister says



Brian Pallister
METRO FILE

Manitoba Tories say an advertising campaign from the province's hydro utility is an insult.

Opposition Leader Brian Pallister says Manitoba Hydro should not be spending \$750,000 on ads that encourage new energy projects when questions are being raised about their viability.

The ads promote the company's plans to spend more than \$18 billion over the next dozen years to build two generating stations and a transmission line.

Pallister says soft export markets could see the utility selling that electricity at a loss, and he wants the projects delayed while they are reviewed.

Manitoba Hydro has said export markets will rebound and even domestic demand will require new dams within a decade.

It has admitted that consumers will have to pay more for the projects — it predicts 3.9 per cent increases in hydro rates for the foreseeable future.

THE CANADIAN PRESS



Boarding up Bomber stadium

Firefighters returned to Canad Inns Stadium Wednesday morning to board up a large storage shed that caught fire Tuesday night, sending huge black plumes of smoke into the sky. Winnipeg police said Wednesday damage has been estimated at \$300,000 and the Arson Strike Force is investigating. The cause hasn't been confirmed.

SHANE GIBSON/METRO

Penalties. Province takes aim at workplace injuries

The Manitoba government is promising tougher penalties for employers who discourage injured workers from filing compensation claims.

Labour Minister Jennifer

Howard says the province will also make it easier for workers to submit claims for injuries on the job.

Howard is reacting to an external review that found

some employers have been trying to keep their premiums down by suppressing claims by injured staff. The report also recommends new incentives for companies to

prevent workplace injuries.

Howard says the government will release a detailed plan to enact the recommendations by the fall.

THE CANADIAN PRESS



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Winnipeg deal-seekers have a new mecca to find their fix.

Off-price retailer Marshalls — whose closest locations could previously be found only in Ontario or across the U.S. border — is opening its first Winnipeg store Thursday.

"We offer fashions for men, women and children and accessories and footwear — and they're all brand names at a fraction of what you'd pay at department and specialty stores," Theresa Quick, shopping expert and Marshalls spokesperson, said on Wednesday before Metro got a special sneak peek of the 27,000-square-foot store in Cadillac Fairview's new Polo Park North develop-

ment. "It offers a really unique shopping experience because Marshalls gets thousands of new items that come in every single week, so consumers can always come in and have a fresh shopping experience."

Quick said Marshalls prices are kept low partly because of its buying power — the retailer has 14,000 stores in 60 countries.

"We're able to negotiate better prices," she said. "That's why we have so many unique brands coming into the store all the time."

The Marshalls Winnipeg store can be found at 110-600 Empress St. and the first 300 customers in line when the doors open at 9 a.m. will get a \$10 gift card.

The store is one of 13 that will open across the country this year, and Quick said Winnipeg's location will have 40 to 60 full- and part-time employees.

SHANE GIBSON/METRO



Liz Crawford, fashion stylist for Marshalls' new store in Winnipeg, shows off a little of her work on Wednesday and a sample of the accessories available at the store. SHANE GIBSON/METRO

Entrench. Winnipeg's KEN mode makes a statement with fourth album

At the 2012 Juno Awards, Winnipeg noise-rock trio KEN mode won the inaugural heavy metal/hard music album of the year trophy for their fourth studio album, Venerable.

"Canada made a statement with what they chose with that Juno," says guitarist Jesse Matthewson, who is joined in KEN mode by drummer and brother Shane Matthewson and bassist Andrew LaCour.

"Even though people like to joke about how insignificant the Junos are, I think a lot of Americans and people abroad took note that Canada made a real statement in a mainstream music perspective by choosing a really messed up, really cathartic noise-rock/metal album as the best album that year."

Case in point: KEN mode's new album, Entrench — released on March 19 through New Damage Records — has already earned rave reviews from About.



KEN mode CONTRIBUTED

com, Exclaim!, Pop Matters and the always hard-to-please Pitchfork.

KEN mode play the Pyramid Cabaret on Thursday. Opening are Today is the Day, Black Tusk and Fight Amp. Tickets are \$15 at Into the Music and ticketworkshop.com. Doors open at 9 p.m. JARED STORY/FOR METRO

Criminal investigation

Police vet faces fraud charges

A veteran member of the Winnipeg Police Service has been put on administrative leave and is facing a number of charges including seven counts of fraud over \$5,000.

The 24-year veteran is charged after the WPS

professional-standards unit began a criminal investigation into the conduct of one of its members last October.

A police statement on Wednesday afternoon said the charges were laid after a lengthy investigation and consultation with Manitoba Justice.

As well as fraud, Sgt. Richard Sierhuis, 47, has been charged with passing of wares

or services and driving an unregistered vehicle under the Highway Traffic Act.

Police spokesperson Const. Eric Hofley wouldn't discuss the specifics of the case, but he did say the charges are vehicle-related and involve off-duty conduct.

Sierhuis has been released on a promise to appear in court.

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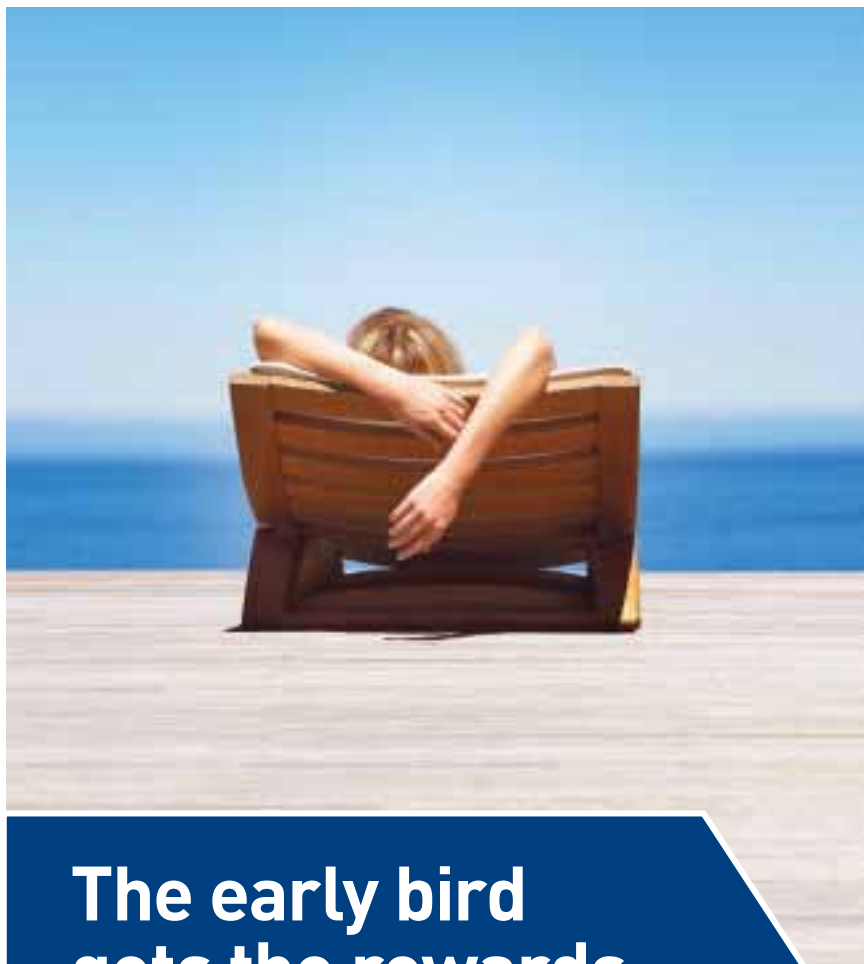
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A man pushes his bike through a flooded street in La Plata, Argentina, Wednesday. At least 52 people have been killed by flooding in the country's Buenos Aires province. NATACHA PISARENKO/THE ASSOCIATED PRESS

Dozens dead in Argentina floods

Torrential rains.

Some 2,500 people have been evacuated from their homes, while food supplies could be threatened

Quoted

"Such intense rain in so little time has left many people trapped in their cars, in the streets, in some cases electrocuted."

Buenos Aires Gov. Daniel Scioli

At least 52 people died as flooding from days of torrential rains swamped Argentina's low-lying capital and province of Buenos Aires.

Nearly 50 people died Wednesday in and around the city of La Plata, Gov. Daniel Scioli said. Six deaths

were reported a day earlier in the nation's capital. Many people climbed onto their roofs in the pouring rain after storm sewers backed up. Water surged up through drains in their kitchen and bathroom floors, and then

poured in over their windowsills.

President Cristina Fernandez arrived by helicopter in Tolosa, a La Plata neighbourhood where she grew up and where her mother was among those evacuated. She announced security measures to combat vandalism, help for identifying the dead, and three days of national mourning for the victims.

She was then surrounded by neighbours. Some hugged and thanked her. Others complained angrily and shouted at her to "go away."

THE ASSOCIATED PRESS

Floating for a cause

Man to take Mandela-inspired balloon ride

Visionary Nelson Mandela might not have imagined the surreal scene planned for this month at Robben Island, where he spent 18 of 27 years as a prisoner.

Matt Silver-Vallance plans to strap himself to 200 big balloons filled with helium, float off the island and drift to the shores of Cape Town for a charitable cause.

The goal is to raise \$1 million to help build a children's hospital named after Mandela.

THE ASSOCIATED PRESS

Accused of atrocities. U.S. places \$5M bounty on Kony, top commanders

The Obama administration on Wednesday offered up to \$5 million in rewards for information leading to the capture of Lord's Resistance Army chief Joseph Kony, two of his top aides and a Rwandan rebel leader suspected of crimes against humanity.

Kony is accused of ordering widespread atrocities during a brutal campaign for power that originated in Uganda in the 1980s and is wanted by the International Criminal Court. He is now believed to be hiding in the Central African Republic. THE ASSOCIATED PRESS



Joseph Kony in 2006. STUART PRICE/AFP/GETTY IMAGES

Prison guard pulled teen's hair, cursed at her, Smith inquest hears



Peter Guenther, former executive director of the Regional Psychiatric Centre in Saskatoon, leaves the Ashley Smith inquest in Toronto on Wednesday. Guenther said he had never seen someone so persistently self-harming as the teen was. COLIN PERKEL/THE CANADIAN PRESS

Testimony. Psych centre director who worked with teen recounts alleged prison abuse

A deeply disturbed teenager was moved from a prison psychiatric facility weeks after complaining a supervising guard had assaulted her, an inquest into her death heard Wednesday.

In his evidence, Peter Guenther, former executive director of the Regional Psychiatric Centre in Saskatoon, said the incident involved a correctional supervisor, John Tarala, in March 2007.

Tarala had intervened to stop Ashley Smith from tying ligatures around her neck.

Guenther told the inquest he learned Smith complained she'd been assaulted by Tarala, claiming she was

Teen could admit when guards were right to be forceful: Guenther



"I kicked the officer. Yes, I assaulted her. They did what they needed to do so I would stop."

Ashley Smith, according to Peter Guenther's testimony, recounting an incident during which she kicked, bit and spat on guards.

grabbed, lifted off the ground by her hair and called the C-word. Smith also alleged Tarala had stepped on her head.

"Regardless of how difficult and challenging this offender's behaviours are, the staff knew that there was nothing that justified an assault or the abuse that is alleged."

In addition, the report notes a nurse who witnessed the incident said Tarala had ordered her to falsify her report.

According to the memo, Tarala offered to resign but Guenther said he could not accept it.

"I asked Mr. Tarala if he was offering his resignation because he had done something wrong and he replied that he had been working long hours and probably did some things that he should not have done," Guenther stated in his memo.

Police were called in and laid criminal charges against Tarala. **THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE**

Regional Psychiatric Centre

Ashley Smith was sent to the custodial forensic psychiatry facility operated by the Correctional Service of Canada in December 2006 because prison authorities believed she would get intensive mental-health treatment there.

- RPC is the only federal correctional facility that can take female inmates with mental-health issues.
- The inquest has previously heard that prison staff at Nova Institution couldn't cope with her self-harming behaviour.
- Smith, 19, of Moncton, N.B., choked herself to death in her segregation cell in Kitchener, Ont., in October 2007.

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Magnotta treated for schizophrenia, court records show

Flashback to 2005. Psychiatrist's letter in fraud-case file reveals the accused killer's treatment and hospitalization

Luka Rocco Magnotta, accused of killing and dismembering a Chinese student, was treated for paranoid schizophrenia, newly revealed court documents show.

But his doctor said he didn't always take his medication.

A letter from Magnotta's psychiatrist was attached to the court file of Magnotta's 2005 conviction for fraud in Toronto.

It offers a glimpse into



Luka Rocco Magnotta, seen in a court drawing, didn't always take his medication, a psychiatrist says.
MIKE McLAUGHLIN/THE CANADIAN PRESS

the mind of the man now accused in the gruesome slaying and dismemberment of 33-year-old Jun Lin.

Magnotta, 30, then known by his birth name, Eric Newman, suffered from paranoid schizophrenia since at least 2000 and was hospitalized several times, Dr. Thuraisamy Sooriabalan wrote.

"The treatment consists of taking antipsychotic medications and attending (the) outpatient department for supportive psychotherapy and health education," wrote the doctor based at the Rouge Valley Health System's Centenary site in Toronto.

"Unfortunately Mr. Newman is not very regular in attending the outpatient department and as a result he misses his medications."

The letter was written in May 2005. It was released Wednesday after media outlets fought for it to be made public. **THE CANADIAN PRESS**

War of words. All systems go for a 'lighter' nuke attack, says North Korea



Military exercises amid the tension: A U.S. Air Force F-22 Raptor stealth fighter takes off from an air base south of Seoul, South Korea, on Wednesday. BAE JUNG-HYUN/YONHAP/THE ASSOCIATED PRESS

North Korea is warning Washington that its military has been cleared to wage an attack using "smaller, lighter and diversified nuclear" weapons.

The threat is the latest in a series of escalating warnings from North Korea.

It has railed for weeks against joint U.S. and South Korean military exercises taking place in South Korea and it has expressed anger over tightened sanctions for a February nuclear test.

North Korea said troops have been authorized to

counter U.S. aggression with "powerful practical military counteractions."

Pyongyang said that America's ever-escalating hostile policy toward North Korea "will be smashed" by the North's nuclear strike and the "merciless operation" of its armed forces.

Meanwhile, the Pentagon said it will deploy a high-altitude missile defence system to Guam to strengthen the Asia-Pacific region's protections against a possible North Korean attack.

THE ASSOCIATED PRESS

Fish deformities

Oilsands a risk like oil spills?

A top Canadian scientist says there are similarities between fish deformities found downstream from Alberta's oilsands and those observed after the Exxon Valdez oil spill in Alaska and Florida's Deepwater Horizon disaster.

David Schindler of the University of Alberta says some chemical or chemicals may be to blame.

THE CANADIAN PRESS

Wishful Googling?

Google's spring came early

Wiarton Willie's forecast of an early spring might have been wrong, but Google says the groundhog might have been reflecting what we were hoping for.

Google searches for "spring" came early — mid-February. "Spring" searches usually don't start peaking until March, Google says. **METRO**



Omega-3 Fatty Acids

Getting to the *heart* of the matter

Every 7 minutes someone dies from heart disease or stroke in Canada. Did you know that silent inflammation in the body is a major contributor to cardiovascular disease? It's true! The key to stopping silent inflammation and improving heart health is omega-3 fatty acids from fish oil.

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Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
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		Inflammatory Bowel Disease ☐
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Scientists find possible hint of dark matter

Space. Discovery could help scientists understand the composition of the universe, galaxies

A \$2-billion cosmic ray detector on the International Space Station has found a footprint of something that could be

dark matter — the mysterious substance that is believed to hold the cosmos together but has never been directly observed, scientists say.

But the first results from the Alpha Magnetic Spectrometer, known by its acronym AMS, are almost as enigmatic as dark matter itself.

They show evidence of new physics phenomena that could be the strange and un-

known dark matter or could be energy that originates from pulsars, scientists at the European particle physics laboratory near Geneva announced Wednesday.

The results from the detector are significant, because dark matter is thought to make up about a quarter of all the matter in the universe. Unravelling the mystery of dark matter could help sci-

entists better understand the composition of our universe and, more particularly, what holds galaxies together.

Nobel-winning physicist Samuel Ting, who leads the team, told colleagues at the European Organization for Nuclear Research that he expects a more conclusive answer within months about this "unexpected new phenomena." **THE ASSOCIATED PRESS**



An artist's rendering of the Alpha Magnetic Spectrometer installed on the International Space Station. NASA/THE ASSOCIATED PRESS

Contagious germs. Researchers charged in attempted smuggling

Two former federal government scientists are facing charges after one of them was caught trying to smuggle highly contagious bacteria out of the country.

Klaus Nielsen and Wei Ling Yu, both former researchers with the Canadian Food Inspection Agency, are charged with breach of trust by a public officer in a scheme to commercialize agency property, the RCMP said in a statement.

Nielsen was caught on his way to the Ottawa airport last October carrying 17 vials of what turned out to be live brucella bacteria that can infect livestock and humans.

Police have not revealed the intended buyers of the material, or where Nielsen was allegedly attempting to transport it. Yu is still at large and a Canada-wide warrant has been issued for her arrest.

THE CANADIAN PRESS

China. Early signs show new bird virus likely poses a silent threat

Scientists taking a first look at the genetics of a bird-flu strain that has killed three people in China said Wednesday that the virus could be harder to track than its better-known cousin H5N1 because it might be able to spread among poultry without showing any signs.

The scientists, at several research institutes around the world, urged Chinese veterinary authorities to widely test animals and birds in affected regions to quickly detect and

eliminate the H7N9 virus before it becomes widespread.

They said the virus is troubling because it can infect poultry without producing any symptoms, while seriously sickening humans.

The virus, previously known to have infected only birds, appears to have mutated, enabling it to more easily infect other animals, including pigs, which could serve as hosts and spread the virus more widely among humans, they said. **THE ASSOCIATED PRESS**



Workers unload chicken containers from a truck at a wholesale market on Wednesday in Shanghai. Scientists said the H7N9 virus could be harder to track than its better-known cousin H5N1. EUGENE HOSHIKO/THE ASSOCIATED PRESS

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Late 2013. Apple to launch 60-inch 'iTV,' controlled by ring, analyst says

It's no secret that Apple wants to get into the living room by making its own TV set, and there have been plenty of rumours and reports about how and when it's going to happen.

Now, an analyst says he's learned that the set will go on sale late this year for \$1,500 to \$2,500 US.

In a research note Wednesday, Brian White of Topeka Capital Markets says the "iTV" will be 60 inches on the diagonal but could also come in 50- and 55-inch versions. Apple will also release a small "iRing" that fits on the viewer's finger, allowing the user to control the screen by pointing, White says.

In addition, the set will come with tablet-like "mini iTVs" with 9.7-inch screens, the same as the full-size iPad, White said. The iTV will be able to send video to the smaller screens wirelessly around the house. The concept is similar to the way in which cable and satellite TV companies

Steve Jobs

Apple doesn't comment on future products before its launch events, but late company co-founder Steve Jobs told biographer Walter Isaacson that he wanted to remake the TV and had figured out a way to do it.

are starting to let their set-top boxes send video to iPads and other tablets.

White says his report is based on gleanings from visits with unnamed Chinese and Taiwanese companies that supply Apple with components.

Apple does sell an Apple TV, but it's a small box that connects to a TV to display movies and shows from iTunes.

Apple shares rose \$4.91, or 1.1 per cent, to \$434.70 in midday trading, as the tech-dominated Nasdaq index fell 0.3 per cent.

THE ASSOCIATED PRESS

Hyundai, Kia recalling nearly 1.7M vehicles

Brake-light switch problems. Owners and dealers will be notified and will get free switch replacements

Korean automakers Hyundai and Kia are recalling almost 1.7 million vehicles in the U.S. and Canada to fix problems with brake-light switches.

The recall covers most of the automakers' model lineups from the 2007 through 2011 model years.

Hyundai Canada said about 255,000 vehicles are being recalled in Canada for the problem, while Kia Canada said just over 106,000 of its vehicles are involved in the recall.

According to the website of the U.S. National Highway Traffic Safety Administration, a faulty switch can stop the brake lights from illuminating when



Korean automakers Hyundai and Kia announced Wednesday they're recalling cars to fix problems with brake-light switches.

NAM Y. HUH/THE ASSOCIATED PRESS

drivers press on the pedal.

Also, the cruise control may not turn off when a driver steps on the brake, push-to-start buttons may not work and a fea-

ture that stops the driver from shifting out of park without a foot on the brake may fail.

"Failure to illuminate the stop lamps during braking or

Models affected

Spokespersons say there haven't been any crashes or injuries due to the problem. They pointed out that the malfunctions don't occur all the time and don't affect brake performance.

- Hyundai. 2007-09 Accent and Tucson, 2007-10 Elantra, 2011 Sonata, 2007-11 Santa Fe, 2008-09 Veracruz, 2010-11 Genesis Coupe
- Kia. 2007-10 Rondo and Sportage, 2011 Optima, 2007-11 Sorento, 2010-11 Soul, 2007 Sedona

inability to disengage the cruise control could increase the risk of a crash," NHTSA said in the documents. THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

More Canadians tuning out of TV, report says



A report suggests those tuning out tend to be young, educated. GETTY IMAGES

The number of "tuned out" Canadians, those who don't subscribe to conventional TV, has doubled in recent years and now represents eight per cent of the population, suggests a new report.

Since 2007, a steady four per cent of Canadians surveyed by the Media Technology Monitor, which regularly polls Canadians about tech trends, reported they were tuned out.

Tuned-out Canadians either didn't have a TV set, only used it to watch VHS tapes, DVDs or Blu-rays, or streamed digital content rather than paying for a TV plan. They tended to be younger, highly educated and major users of the Internet, says MTM.

In the recent fall survey, about 49 per cent were aged 18 and 34, and 51 per cent had a university education. Tuned-out Canadians spent 20 hours

a week surfing the web compared to the 15.4 hours TV subscribers were online.

MTM noted the numbers of tuned-out Canadians started to rise in 2011, after those who were receiving analog over-the-air signals for free were forced to transition to a digital signal or lose access to the limited number of channels they were picking up by antenna.

According to MTM, many

decided they were fine without TV, as the number of tuned-out Canadians nearly doubled to seven per cent of the population.

In 2012, the number of tuned-out Canadians rose another percentage point, which MTM attributed to the growing availability of video content to stream online via TV network websites and services such as Netflix.

THE CANADIAN PRESS

Market Minute



DOLLAR

98.57¢ (+0.04¢)

Natural gas: \$3.967 (-0.2¢)

Dow Jones: 14,550.35 (-111.66)



TSX

12,422.12 (-259.98)



OIL

\$94.45 (-\$2.74)



GOLD

\$1,553.50 US (-\$22.40)

Report

Poor pipelines costing oil producers billions

A new report estimates Canada is losing billions of dollars in unrealized revenues because of its inability to efficiently get its oil to foreign markets.

CIBC economists project that the country will continue to lose on average \$15 billion a year from the price differential between world oil prices and what its producers get for shipments mostly to the United States.

That represents about five per cent of the gross domestic economies of Alberta and Saskatchewan.

The so-called discount for western crude reached as high as \$43 a barrel last year, but the gap has since fallen to about \$15 a barrel, or near the historical average.

The CIBC says Canadian producers increasingly face an uphill challenge in getting global prices for its oil given that the U.S., its main customer, is ramping up domestic production.

Global demand is increasingly skewed toward Asia, the economists say, and so Canada must get on with building the pipeline needed to get crude there.

CIBC chief economist Avery Shenfeld says clarity on the pipeline issue will help attract the money needed to finance production growth.

THE CANADIAN PRESS

Old time rock and roll

Amazon extends AutoRip to vinyl

In an odd combination of old and new, Amazon says that every time a person buys a vinyl record from its online store, it will give that customer a digital version of the songs for free.

The feature, called AutoRip, was launched in January for CDs. The company has said it has boosted music sales. Digital songs are stored in the customer's online storage account with Amazon. Songs received this way don't count against that customer's storage limit.

THE ASSOCIATED PRESS

Wedding invitations

Paperless Post going paperful

Paperless Post has defied its original digital business model before. Now the online invitation and greeting-card startup is taking it a step further.

The New York company launched Paper by Paperless Post after customers requested a way to get its e-cards and invitations on paper. Now Paperless is teaming up with card maker Crane & Co. to print wedding invitations. Users will be able to choose from 35 designs that they can customize and print on Crane paper.

THE ASSOCIATED PRESS

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Customer Name - POD ID

Allen, Ann - 41A168; Bath, Sharon - 123B168; Liebrecht, Dan - 55B168; Longley, Lisa - 110A168; Williamson, Kathleen L. - 141B168.

Contents include but not limited to: Household items, books, exercise equipment, stereo equipment and more.

HELLO, THIS IS A METEOR CALLING

"If a meteor ... a mile wide were to hit land, it could form a crater and blow enough dust into the stratosphere to block out the sun and affect crops worldwide for a year, (a NASA scientist) said." — Meteor Sighting Unusual, But Space Debris is Common, the Washington Post
"The government of Prime Minister Stephen Harper has been accused of silencing scientists on a number of subjects, particularly environmental science." — Watchdog to Study Policies That "Muzzle" Government Science, The Canadian Press

Ring! Ring!

PMO: Prime Minister's Office. How can we help you become self-reliant?

CSA: This is the Canadian Space Agency. A massive meteor is headed for Canada. We have to tell people before it's too late!

PMO: Oh my God. Let me get this straight: You work for the Harper Government, and you're telling me you want to talk directly to the people? The chances are astronomical!

CSA: Uh. Yes.

PMO: As you know, the Harper Government will have to approve any statements.



HE SAYS

John Mazerolle

metronews.ca

CSA: The meteor is about a mile wide, could instantly kill hundreds of thousands, then starve billions when the sun is blocked. So we'll need—

PMO: I'm just going to go ahead and stop you right there. We need a different message.

CSA: What?

PMO: I've been around long enough to know that your message will turn off most demographics. Frankly, it's very negative and promotes fear.

CSA: Doesn't that mean it's perfect?

PMO: During an election campaign, sure. But right now it detracts from our promise of a "strong stable majority." Some MPs would cry.

Others would run. Does that sound strong and

stable? And I don't even want to think about what some of the religious backbenchers will say if they find out the world is ending.

CSA: It's going to hit in six hours! This is no time for politics.

PMO: It's always time for politics. If a big rock hits Canada on our watch and we did nothing to stop it, the Opposition will have a field day, sudden lack of fields notwithstanding. So we'd prefer you kept this one hush-hush. Unless you can blame it on Trudeau.

CSA: People are going to die!

PMO: How many?

CSA: Depending on the computer model, between 500,000 and two million.

PMO: Ah, so there's a debate even among scientists. No consensus.

CSA: It's still lots of people!

PMO: Where?

CSA: Based on its trajectory, mostly in the Greater Toronto Area.

PMO: I'm hanging up.

CSA: No wait! How about this? What if the Harper Government took credit for the meteor?

PMO: Hmmm ... the Conservative government that destroyed Toronto. I'm listening.

CSA: Not only that: We can also "explain" that the ash kicked up from the explosion is why you were never concerned about global warming in the first place.

PMO: Won't the ash destroy a lot of the environment?

CSA: That's because the Conservative's environmental plan, uh, "seeks to reduce inefficiencies in nature." We find places where 10 birds are doing a job that five birds could be doing!

PMO: Now you're getting it!

CSA: Can we tell people now?

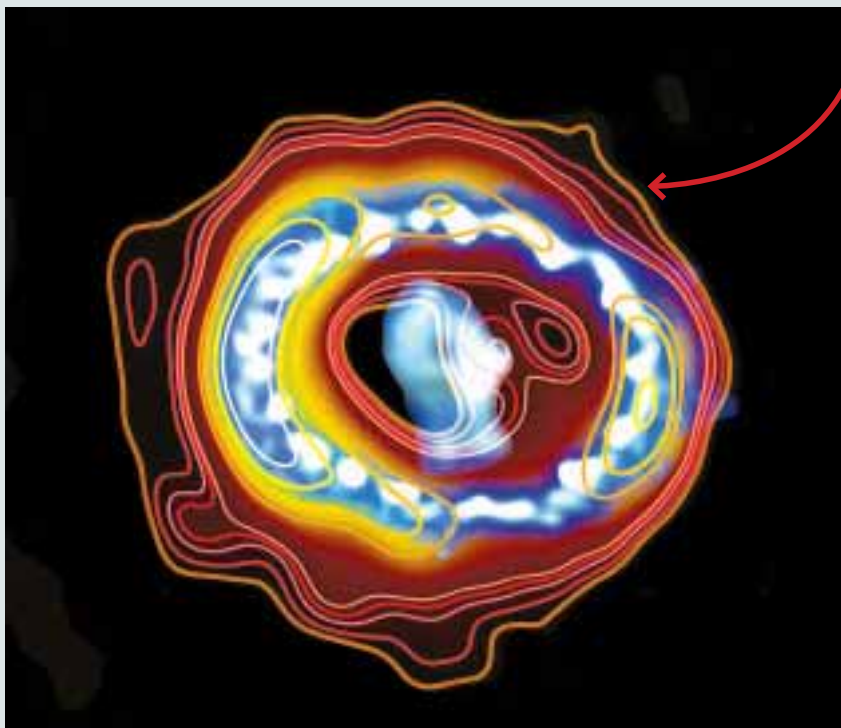
PMO: Can we brand it The Harper Government "Rocks"?

CSA: It's the end of the world as we know it and I feel queasy.

PMO: You get used to it.

ZOOM

The death star, like never before



ICRAR / HUBBLE

Death of star in highest detail

Scientists have studied the death of a star in the highest ever detail. Astronomers led by the International Centre for Radio Astronomy Research (ICRAR) in Western Australia have revealed new images of Supernova 1987A, whose demise was first spotted over 25 years ago. **METRO**

A star is born?

- In 1987, astronomers observing the Large Magellanic Cloud, a nearby dwarf galaxy, noticed the sudden appearance of what looked like a new star but soon realized it was the end of a star — the brightest supernova ever seen from Earth.

Picture this

"Imaging distant astronomical objects like this at wavelengths less than one centimetre demands the most stable atmospheric conditions."

Dr. Giovanna Zanardo of ICRAR

Scientists now seek star's centre

Scientists study the evolution of supernovae into supernova remnants to

understand the interaction of the star's blast with its surrounding environment.

They suspect a compact source or pulsar wind nebula — remnants of an old star —

to be in the centre of the radio emission, implying that the supernova explosion did not make the star collapse into a black hole. **METRO**

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Bandcamp is an online store that allows fans to buy music directly from the artist, with the added bonus of being able to preview entire albums for free. It also happens to be the perfect place to support Canadian artists like these:



Overwerk

Do yourself a favour and delete that Top 40 from your workout playlist. This London producer's After Hours EP conveniently checks in at a tidy 30 minutes of sweat-friendly peaks and valleys. Best of all, you can set your own price. (overwerk.bandcamp.com)

Les Soeurs Boulay

Brush up on your French with a Montreal-based sister folk act. Armed only

with guitar, ukelele and velvet-voiced harmonies, the soeurs are well-equipped to break hearts. (lessoeursboulay.bandcamp.com)

Kitsune

Imagine the sound of a Nintendo console becoming self-aware and deciding to pursue a new career as a producer of club bangers. Audiences don't get much more niche, but I know you're out there. (vulpvibe.bandcamp.com)

Comments

RE: UBC Student Accused of Sex Work After Trying to Cross U.S. Border With Condoms, published April 2

How do you spell "discrimination"? Shirley McLaughlin posted via Storify

"How much is he paying you to go on this trip?" Shame on them. Cynthia Kim posted via Storify

Who cares if she's a sex worker? Paul Nagy posted via Storify

Like crossing DMZ into North Korea. Mal Cohen posted via Storify

I hope she sues their pants off!!! Jonathan Hodder posted via Storify

WTF... I guess us Canadians don't have sex. Joann Neish posted via Storify

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

White-wine mixers and Jennifer Love Hewitt

Comedy. Rob Pue has had a lot of different gigs. Catch him at his upcoming stint at Rumors



BACKSTAGE PASS

Jared Story
winipeg@metronews.ca

It's a good thing Rob Pue likes Winnipeg.

Originally from Edmonton, now living in Toronto, the 34-year-old comic headlines Rumor's Restaurant & Comedy Club for two weeks starting April 16 and he's scheduled to make four appearances at the upcoming Winnipeg Comedy Festival, which runs April 8 to 14.

Yes, Winnipeggers will get a good glimpse into what Pue can do, from club gigs, to taped-for-TV galas to The Dark and Stormy Show, the festival's annual filthy event.

"You have to be so nice during the galas, it'll be nice to let it loose," Pue says of The Dark and Stormy Show.

"That's how the career works. You've got to do a lot of corporate stuff for money, a lot of nooners and white wine mixers with 50-year-old ladies and then you've got your nightclub crowd that you've also got to play to."

Online

- For a complete list of Pue's Winnipeg Comedy Festival appearances and ticket information, go to winipegcomedyfestival.com. For information on Pue's upcoming Rumor's shows, go to rumorscomedyclub.com.

When it comes to performing at corporate events, being clean is the number one rule. Still, Pue says corporate comedy bookers play it a little too safe.

"Those saucy 50-year-olds can take a lot more than you think," Pue says. "You always go with the intention of keeping it nice and clean, but every now and then you let some stuff slip."

Actually younger people are usually way more easily offended than the older crowd. College kids these days, they're the most uptight crowd."

However, Pue knows how to deal with those who are all worked up. After winning the prestigious San Francisco Comedy Competition in 2003, Pue was cast as a regular on MTV's Punk'd, where he had to deal with an anxious Jennifer Love Hewitt.

"I played a director and promised her a role in a movie with Brad Pitt if she'd go on a



Toronto-based comedian Rob Pue was a regular cast member on MTV's Punk'd. SUPPLIED

date with me," Pue says.

"Then my bookie shows up. He's this giant man who shakes me down or whatever and of course she felt like everything was going sideways. She was working on The Tuxedo with Jackie Chan, so she called his bodyguard to come and save the day.

"Seriously, this ninja was on his way down. We had to call him off. 'Hey you're punk'd, but can you seriously call him and tell him not to come.'"

Quoted

"That's how the career works. You've got to do a lot of corporate stuff for money, a lot of nooners and white wine mixers with 50-year-old ladies and then you've got your nightclub crowd that you've also got to play to."

Rob Pue on the life of a comic

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 **autocatch**.com

Jane Levy gets gruesome in horror heroine role

Evil Dead. Facing relentless blood baths and being buried alive was all in a day's work for actress



NED EHRBAR
Metro World News in Hollywood

Jane Levy wants to make one thing clear: "I'm not a horror fan," she says. Well, for a non-fan she's picked a doozy of a horror film to be in: *Evil Dead*, Fede Alvarez's remake of Sam Raimi's cult classic debut. In this update, we still have five kids going to a cabin in the woods and inadvertently unleashing a demonic spirit after reading from an evil, enchanted book. Only this time, instead of being on Spring Break the co-eds are out in the woods to help

Levy's Mia withdraw from heroin. Thanks to updates in both practical and digital effects, the new film reaches a gruesomeness level that's truly attention-grabbing.

Have you been finding this movie easy to talk about in interviews?

What's good is we're all excited about it actually, and I think we're all really proud of it. So it's nice to talk about stuff that you're proud of. It's so painful when both (the actor and the interviewer) are like, "We know it sucks, so why are we here?"

It's nice to see a horror movie handle the credibility questions of plot so well, like why these kids would go to this creepy remote cabin in the woods in the first place.

Yeah, I don't know if I would ... I was going to say if I was going to withdraw

from heroin I don't know if I'd go to the middle of the forest, but some people would! I like that theme because it also becomes a metaphor for the whole story, and also because it makes for good drama. You sort of understand everyone's point of view, and I think that's the best kind of play or movie or television show or piece of literature, when every character's argument is right. Mia's right, there is something in the f—ing woods! But they're right to not trust her. The only person who isn't much right is Eric (Lou Taylor Pucci) for reading from the book. It's all his fault.

There are some differences between this one and the original. Did you watch it for research?

I watched the original, but only after I'd gotten the job.

I'd never even heard of the *Evil Dead* when I went out for this movie. I'd heard of Sam Raimi. I mean, *Spider-Man* was my generation. The first one came out when I was, like, 12 or something.

What did you think of some of the more horrific elements when you were reading the script?

When I was reading it I thought it would be so much fun! Little did I know that it's torturous. But I remember reading it and being like, "Oh my God, this is the horror of all horrors. It's just relentless, it never stops. And when you think it's gotten to its peak it's just going to keep going." When I was reading it I thought it was almost funny. It just becomes so terrible that you have to laugh. But I wasn't laughing when I was making it, that's for sure.



Jane Levy stars in *Evil Dead*, which opens Friday. HANDOUT

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Ryan Tedder and his band OneRepublic released their third album last week. THE ASSOCIATED PRESS

Ryan Tedder pushes producer pride aside

OneRepublic. Band's frontman talks about the stress of handing over some of the creative reins on latest album

Ryan Tedder has been the mastermind behind hits for Adele, Beyoncé and Leona Lewis, but on his band's new album, the Grammy winner gets help from other hit-makers.

Tedder's name is all over the credits on Native, OneRepublic's third album, released last Tuesday.

But other players helped shape the band's latest sound, including Benny Blanco, who co-produced hits like Maroon 5's Moves Like Jagger and Katy Perry's Teenage Dream, and Jeff Bhasker, who produced fun.'s Grammy-winning

breakthrough album, Some Nights.

"I was very clear with them," said Tedder, who added that taking a back seat to other producers was both "scary and exciting."

"I was like, 'We're not Maroon 5. We're not fun.'"

OneRepublic's lead single, If I Lose Myself, was co-produced by Blanco, and Bhasker adds his drum-filled sound to Can't Stop. The album also features producer Philippe Zdar, best known for his work with French critical darlings Phoenix.

In an interview, Tedder, 33, talked about collaborating with other artists, the state of rock music on Top 40 radio and Native, which OneRepublic recorded in Greece, Paris, London, New York, Seattle, Vancouver, Canada and Colorado.

You've produced for many acts. What was it like hav-

ing others come into your musical space?

I happened to work with Benny and Bhasker in the middle of, probably the both of them, the greatest run of hits in their lives. ... I don't want the one time I go outside my box and collaborate with somebody to be the song that doesn't work. You're always, like, slightly terrified. ... No offence to them, but I didn't want their palate or their sound to then define us.

So how did you work everything out?

The one Bhasker did and one of the two Benny did, I knew fundamentally I'm not the guy to do this. I'm not the right producer to do this record. I'm not getting it right.

This record sounds like such a huge, huge, important moment and I'm missing it.

THE ASSOCIATED PRESS



Beyoncé. ALL PHOTOS GETTY IMAGES

Beyoncé brushes off latest round of criticism

Beyoncé has heard what her critics have to say — particularly about her decision to name her new tour the Mrs. Carter Show — and she's just going to ignore them.

"I guess I am a modern-day feminist," she muses to British Vogue. "Why do you have to choose what type of

woman you are? Why do you have to label yourself anything? I'm just a woman, and I love being a woman."

As for taking husband Jay-Z's last name for her tour?

"I feel like Mrs. Carter is who I am, but more bold and more fearless than I've ever been," she says.



David Beckham

Beckham wants a normal life for his kids

Despite being possibly the most famous man in the world, David Beckham is desperate for his four kids to have a normal life as possible — even though that can be pretty tricky sometimes.

"My eldest now is at the age where he wants to do things and go to places, and we have to hold him back,"

Beckham tells CNN World Sport about 14-year-old Brooklyn.

"You have to explain to him that there are certain things he can't do. But to be honest, we let our children do 99 per cent of the things they want to do because we want them to lead a normal life."

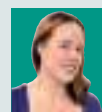
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Glee trying to put on a brave face amidst latest scandal



THE WORD
Dorothy Robinson
scene@metronews.ca

It's been a week of shake-ups for the cast of Glee.

First, it was announced that main cast member Cory Monteith was admit-

ted to rehab on Monday morning for a substance abuse problem and now it looks like Heather Morris, who portrays the ditzy cheerleader Brittany on the hit show, is pregnant.

Us Weekly broke the news that the 26-year-old is expecting a baby with her longtime boyfriend Taylor Hubbell. "She's a little more than three months along and starting to show," the source tells Us Weekly. "It was totally unexpected, but they are incredibly happy and excited."

Keep her off the dance numbers, Glee!



Chris Brown

Chris Brown feels bad for Bieber

Chris Brown feels Justin Bieber's pain.

When asked during an interview with radio station Power 105.1 how he copes with paparazzi attention, Brown says: "It's sort of like what Justin Bieber's going through right now... Being young, having a limitless amount of income, whatever

you want to do as a young guy, and then at the same time you don't have nobody that's going to say, 'Hey bro, you look wack right now.'"

Brown is particularly worried Bieber's friends — like rapper Lil Twist — will get an undue amount of blame for any of the pop star's troubles.

Twitter



@ABFalecbaldwin

Am I really 55? Wow. Like.....wow. Doesn't seem real.



@NiallOfficial

Morning. ! This is it ! I'm goin to the dentist! I think this is my last hour with braces! Oh how I'm gona miss them ! Naaaaaaat !



@SethRogen

Of all the TV shows I've never seen, I've never seen "The Borgias" the most.

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Ain't no sunshine, but there is style

Spring collections should be the main storyline, but it's as cold as ever outside. So rather than freezing your legs off trying to wear that flimsy dress, take a few cues from the autumn/winter shows that just wrapped up earlier this month.

KENYA HUNT
kenya.hunt@metro.lu

Soft pinks

On the runway: Unique



Whistles
jacquard
trousers, \$206,
whistles.co.uk

Topshop
mix stitch
pink
jumper, \$72,
topshop.com



Houndstooth

On the runway: Rag & Bone



Houndstooth
scarf \$40,
zara.com



By Malene Birger
Sarafina trousers,
\$395,
netaporter.com

Navy and black

On the runway: Jil Sander



Jil Sander Navy
skirt, \$660
stylebop.com



Acne Ava
black top,
\$250,
acnestudios.
com

The full skirt

On the runway: Rochas

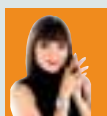


ASOS midi
skirt, \$68,
asos.com

Marni organdy
circle skirt,
\$1,280, netaporter.com



Twitter



JEANNE
SPACE
Jeanne Beker
life@metronews.ca

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Ah yachts! This must be St. Barths! @silversea



Chic ship chapeaux! @Silversea with the inimitable @NicholasMe

The Kit

Canadian street style

Spotted in: Halifax

Sarah
Nussbaumer
Hedge fund
administrator
Age: 25

What she's wearing

Top Shop coat, Rebecca Minkoff bag, French Connection headband, gloves from Florence Levi's jeans, Steve

Madden boots.

Her inspiration

"I love to wear classic and feminine silhouettes with pieces that have a bit of edge and playfulness."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!



The business of dressing the bump

Fashion. Never mind comfort, Kim Kardashian's maternity wardrobe is an exercise in branding

KENYA HUNT

Metro World News

Just when you thought her maternity choices couldn't look any more uncomfortable, Kim Kardashian goes shopping in a body-con dress, its leather stretched to the absolute limit, and stilettos — an outfit that would make even the average, un-pregnant woman look like she's trying too hard. But before we get into Mother Kimye's pregnancy wear, let's establish this fact:

1. The Kardashians are unbeatable at the game of being famous for being famous.
2. The Kardashians have been known to mine their personal lives for reality TV and publi-



Let that baby breathe!
JB LACROIX / WIREIMAGE

city in general.
3. Kim is a Kardashian.

Now that we've gotten that out of the way, let's look at that leather. The tighter the squeeze around Kim's bump and the higher the heels, the more we talk about it. It's a pop culture moment



We can't deny Kim looks beautiful, but would she give us a bigger smile if we threw her a pair of jogging pants? CHRIS MCKAY / WIREIMAGE

that advances the plot line of Kim's celebrity as clearly as an episode of Keeping Up with the Kardashians.

The average pregnant woman dresses for comfort. But increasingly, the average famous pregnant woman dresses strategically as the bump becomes another opportunity for personal branding (Jessica Simpson), record sales (Beyoncé) and public

obsession (Miranda Kerr). Yes, Kim claims that flats hurt her back and that heels are the most comfortable shoe for her to wear. But the tape wrapped around her feet says otherwise. It's not hard to imagine the ways she'll push this idea further as her final trimester approaches. What next? Hot pants and a bustier? Somewhere, her marketing team is probably taking notes.

Boy, you need a break

RICHARD

PECKETT

Metro World News

Men, it's time to down the winter woolly pulleys and get your wardrobe in spring holiday mode. First, remember it's spring, not summer. So you're going to need some layers: a sweater, jacket and yes, some chinos. Secondly, you've got to get the luggage right. You're packing for a weekend break not a picnic. So pop the day bag away and, yes, that enormous backpacking rucksack.

Cutler and Gross

Circular lens sunglasses, \$548, ln-cc.com.



CHUCS

Classic clasp swimshort in Corbusier red, \$220, chucs.com.



Christopher Shannon

Kidda T-shirt with flag print, \$119, asos.com.

Orlebar Brown

Mitchell cagoule, \$495, orlebarbrown.com.



Ladies, we're here for you!

Spring is here, even if it doesn't quite feel like it yet.

But for those of you brave enough to pack away your clunky boots, head

online to Trendscaping and take a look at this season's latest in high-end fashionable footwear and decide which style you will splurge on to step into spring.

metronews.ca/voices/trendscaping

new

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Wrapping up a burst of flavours

"If you make extras to take for lunch the next day," writes Meghan Telpner of these Veggie Rice Wraps in her book *UnDiet*, "store in an airtight container with a slightly damp cloth or paper towel to help keep the rice wraps moist."

1. Soak one piece of rice paper in warm water until soft. Carefully remove, allow excess water to drain, and lay out on flat surface.

2. Arrange veggies in a row along centre of rice paper. Add greens last (and eggs, if using). On first few attempts, fewer veggies will be easier to roll.

3. Leave about 1-inch (4 cm) at both ends and carefully roll the wrap up, leaving long edges open. You'll take care of those with the second piece of rice paper.

4. Soak and drain a second piece of rice paper, and lay out on flat surface.

5. Place roll along centre of

second piece of rice paper, folding end edges in first and then roll in remaining sides.

ALL RECIPES ON THIS PAGE: EXCERPTED FROM *UNDIET: EAT YOUR WAY TO VIBRANT HEALTH*. COPYRIGHT © 2013 MEGHAN TELPNER. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Ingredients

- 8 sheets rice paper
- 1 avocado, peeled and sliced lengthwise
- 1 carrot, grated
- 1/2 red bell pepper, sliced lengthwise
- 1/2 red apple, peeled and sliced into matchsticks
- 4 inches (10 cm) cucumber, sliced into long strips
- 1 (250 ml) cup baby spinach
- 1/4 cup (50 ml) cabbage, shredded
- 4 sprigs cilantro
- 2 organic eggs, whisked in a bowl, cooked as an omelet, then sliced into thin strips (optional)

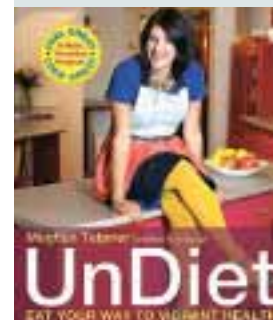
Veggie Rice Wraps



This recipe serves 4 as a side or 2 as a meal. CATHERINE FARQUHARSON

Cookbook of the Week

Tasty way to health



Forget those diets that never work and get healthy with the help of Meghan Telpner's book *UnDiet*.

Not only does it feature practical nutrition information, a complete eight-week transition program, lifestyle advice from experts and a comprehensive meal plan, but also 40 easy and delectable gluten-free recipes.

Among the recipes in *UnDiet* are Bean and Vegetable Burgers, Lemon Lentil Vegetable Soup, Orange-Zest Infused Stew, Almond Power Cookies, Sun-Dried Tomato and Bean Hummus, and more. **METRO**

One-Pot Stir-fry includes all your favourite vegetables

"With any stir-fry or mixed-grain salad, try to cut all your veggies about the same size so they cook evenly," writes Meghan Telpner in her book

UnDiet. "Watch out for when ingredients are added in with one-pot meals; some are added later, depending on cooking time."



This recipe serves 4 as a meal and 6 as a side dish. CATHERINE FARQUHARSON

1. In a large skillet on medium, heat oil and a little water, and add turmeric, garlic, and ginger. Let cook for 1 minute or until fragrant.

2. Add all vegetables except leafy greens and stir. Add sesame oil, raw honey, and tamari, and sauté for 8 minutes, until the veggies are vibrant.

3. Push veggies to the edge of the frying pan and pour eggs into the middle opening. Al-

low to cook undisturbed for about 2 minutes. Mix together. If using tofu, add to pan, stir into the mix and let cook 3 - 4 minutes.

4. Add greens and let them wilt in the heat.

5. Add sea salt and cayenne to taste.

6. Serve vegetable mixture on top of grains or mixed greens.

Ingredients

- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) water, as needed, to avoid sticking
- 1 tbsp (15 ml) turmeric
- 3 garlic cloves, minced
- 2 inches (5 cm) ginger root, peeled and minced
- 1/2 cup (125 ml) red pepper, sliced
- 1/2 cup (125 ml) carrot, grated or thinly peeled
- 1/2 cup (125 ml) each of coarsely chopped broccoli florets, broccoli stems, cauliflower, purple cabbage, and zucchini
- 2 tbsp (30 ml) sesame oil
- 2 tbsp (30 ml) raw honey
- 3 tbsp (45 ml) tamari (or to taste)
- 4 organic eggs or 1/2 block of firm organic tofu, cubed
- 3 cups (750 ml) collards or greens of choice
- sea salt and cayenne to taste
- 2 cups (500 ml) leftover grains (optional)

Healthy Dessert. Super Berry Fruit Crumble



This recipe serves eight. CATHERINE FARQUHARSON

Ingredients

1. Preheat oven to 350 F (180 C).

2. Mix fruit, raw honey and arrowroot, and spread into an 11- x 9-inch (2.5 L) glass baking dish. Flatten mixture with a spatula, making sure it is evenly spread.

3. In a medium mixing bowl, combine all topping ingredients, then crumble evenly over fruit mixture. If fruit doesn't look completely covered, add additional flour, almonds, or oats until surface is covered.

4. Bake for 45 minutes, or until lightly browned and bubbling.

Fruit Bottom

- 2 cups (500 ml) blueberries
 - 2 cups (500 ml) strawberries, quartered
 - 2 cups (500 ml) apple, cut into 1/2-inch (1.5-cm) cubes
 - 1/2 cup (125 ml) raw honey
 - 1 tbsp (15 ml) arrowroot starch
- ## Crumble Topping
- 2/3 cup (150 ml) brown rice flour
 - 2/3 cup (150 ml) rolled oats
 - 1/2 cup (125 ml) cup sliced almonds
 - 1/2 cup (125 ml) raw honey
 - 1/4 cup (50 ml) coconut oil
 - 3/4 tsp (4 ml) cinnamon
 - 1/2 tsp (2 ml) allspice

Getting hung up with decor: new ways to decorate your wall space



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I often hear people say living in a small space doesn't allow for much decorating, and how accessories take up too much room.

I remind them they don't need to rely on tabletops and floor space to display their wares, but to look vertically at the walls. Walls are probably the largest surface we have and there are many ways to dress them up with more than just flat art and mirrors.

Not since the Ikea floating display shelf have we seen such interesting inventions to add pizzazz to our vertical space. Dressing up the walls can be as simple as colour locking certain areas with some paint or creating a feature wall with a collection of artwork.

If you are looking for an immediate, easy way to dress the walls, here's a few on-trend products that add a special touch.



Urbio system

It's vertical, modular, magnetic and flexible. Hang system panels on the wall, then attach individual containers using magnets. Useful for a wall of green, art supplies or whatever you want to display. From \$75, eq3.com.



Learn to write chalkboard

Finally a way to write on the walls without getting in trouble. Leave messages, make lists or practise your ABC's. Stick on, erasable chalk boards uses any chalk. Easy to install by just peeling and sticking and reposition when you want to move them. \$20 for four peel and stick panel decals, wallpops.com.



GRUNDTAL wall system

A simple rod and attachments can be useful anywhere; from the home office to the bath to the kitchen. Stylish stainless steel adds a rich modern look to very affordable display storage. \$8 to \$25 per piece, ikea.com.



Wall mounted teardrop vase

This handblown chemistry lab borosilicate beaker glass in a teardrop shape hangs via a cut and polished opening. One can be hung beside the guest bed and another in the shower. These guys add charm wherever they go. \$5, cb2.com.



Architect wall flats

Get the look of a cool hotel lobby lounge wall by adding depth and dimension to your walls with paintable panels. Hide rough walls or outdated panelling, leave them white or paint them to match a colour in your space. \$115 for 10 panels, urbanmode.com.

How to create the perfect backsplash

DIY ideas. Host of Kitchen Crashers shares tips to get you started on the project

Be your own weekend warrior and get started on your dream backsplash for your kitchen.

An easy fix to dull kitchens, backsplashes add a design element along with adding depth and colour. Kitchens tend to look the same in every home, so this is your chance to stand out.

Since host Alison Victoria of Kitchen Crashers can't take over for you this weekend, here are some tips to do it yourself.

Prepare the wall

Remove all switch plates and outlet covers. Sand the wall lightly, then wipe off the dust with a damp towel.

Mark the wall measurements and where you want your centre focus to be.

Dry lay out the design on

your floor within the measurements to make sure it fits.

Apply Tiles

Using mastic, which is the adhesive that holds the tiles into place, scoop it out with the edge of your v-notched trowel and use a sweeping motion, applying enough for an area of eight tiles.

Apply bottom up from the base of the counter top. Leave enough space between the tile and the counter edge for a bead of caulking that takes place at the end. Work out in both directions.

If the mastic dries too fast before you apply tiles on top, scrape it off and apply a new layer. Don't be afraid to use materials other than tiles — small glass stones, old broken china and even pennies are fun options.

Trim the tiles

Some tiles won't fit perfectly to the edges and nooks your kitchen cupboards create. Mark where the cut needs to be made and do so using a wet saw. If you are inexperienced

you can go to a hardware store to get them cut for you.

Fill with grout

Let the mastic and tile application dry overnight.

The next day mix and apply your unsanded tile grout according to the box directions. Pack the grout deep in between the tiles but not between the tile and the countertops.

Clean and caulk

After applying grout to the entire backsplash, wipe the surface clean with water and a towel.

Let the grout dry for 30 to 45 minutes. Once the grout dries, take a dry towel to clean and shine tiles. Apply caulking the same colour as the grout between tiles, and open spaces from the counter and cupboards to the tile; smooth down with a wet finger.

AN ALL-NEW SEASON OF KITCHEN CRASHERS PREMIERES TODAY AT 5:30 P.M. ET/2:30 P.M. PT ON DIY NETWORK CANADA



Adding a backsplash will give your kitchen depth and colour. ISTOCK IMAGES



Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases. FIONLINE/THINKSTOCK

Healthy teeth equals healthy living

TERESA
CHIYKOWSKI
For Metro

Did you know that oral health is not only important to your appearance and sense of well-being, but also to your overall health?

It's true.

Problems such as missing teeth or oral infections can affect your physical and mental health. That's all the more reason to practise good oral hygiene and look after those healthy pink gums and dazzling pearly whites.

Smile

- Visit hc-sc.gc.ca to download a copy of Smile: Healthy Teeth, Healthy Body. The publication will help you better understand the link between oral

health and overall health, help you establish an effective oral health plan, and ensure you have information about the risks and symptoms of oral cancer.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases including:

Diabetes: People with diabetes are more susceptible to gum disease, which can put them at greater risk of diabetic complications.

Respiratory illness: The same bacteria found in plaque can

also be inhaled into the lungs where they may cause an infection or aggravate an existing lung condition, especially in older adults.

Preterm, low birth-weight babies: Studies are also examining whether pregnant women with gum disease may be at a higher risk of delivering preterm, low birth-weight babies than women without gum disease.

Cardiovascular disease: There is new research that points to a possible connection between gum disease and heart disease and stroke.

Brush up with these tips

- 1 Brush your teeth at least twice a day.
- 2 Floss daily to remove plaque between your teeth.
- 3 Replace your toothbrush every three to four months.
- 4 Use an antimicrobial mouth rinse to reduce bacteria in your mouth.
- 5 Schedule regular dental checkups.

6 Eat a healthy diet according to Eating Well with Canada's Food Guide.

7 Watch for signs of oral disease and contact your dentist if you detect anything out of the ordinary.

To learn more about dental care, visit the Canadian Dental Association website at cda-adc.ca.



If you pay a little extra attention to daily oral hygiene habits when children are young, they can grow up cavity-free. NEWS CANADA

Children. Daily habits to grow up with

Even today, with advancements in oral care, it is estimated that 57 per cent of kids aged six to 11 have cavities. This number increases to 59 per cent for teenagers.

Specialists tell us, however, that if we pay just a little extra attention to daily oral hygiene habits, all children can grow up cavity-free. The care you teach them now will

last a lifetime, so take a look at these helpful tips:

Twelve to 24 months

Begin regular dental visits by age one. Teach a toddler about dental hygiene when the first teeth come through. Children should get used to holding a toothbrush and should watch others as they brush. Let them practise brushing, but

continue brushing their teeth for them. Begin flossing when most of the baby teeth are in.

Two to five years

Teach young children to use no more than a pea-size amount of toothpaste and make sure they do not eat it. Continue to brush and floss their teeth for them. Avoid sugary sweet treats.

Six and older

Encourage children to begin flossing. Your dental hygienist will demonstrate proper technique. Continue to supervise brushing and flossing. The surface of your child's permanent molars may be sealed with a light coating to prevent cavities in the deep fissure and grooves of the teeth.

NEWS CANADA

YOUR SIMPLE ROUTINE TO A BETTER DENTAL CHECK-UP.[†]



SATISFACTION GUARANTEED.**

Crest® Pro-Health™ Complete fights cavities. Crest® Pro-Health™ Toothpaste fights cavities, plaque, tartar, gingivitis, and treats tooth sensitivity.

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Protect your teeth when playing sports

Research shows that orofacial injury in sports is prevalent but preventable.

Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding are all high-risk sports.

Dental hygienists see first-hand the impact of injuries to the teeth, gums and jaws as a result of participation in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.

Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1½ to two times greater when a sports mouthguard is not worn during athletic activity.

Mouthguards are a cost-effective investment in protection. The estimated cost to treat a lost front tooth over a lifetime can range from \$5,000 to \$10,000. The average cost



ISTOCKPHOTO/THINKSTOCK

of a custom-fitted sports mouthguard can be as low as \$100 or less. The cost of hockey skates and other sports equipment can far exceed that.

For more information, see cdha.ca/mouthguards. Find out if your sports organization requires mandatory mouthguard protection and if it doesn't, ask why?

Most importantly, protect your mouth. See a dental hygienist to get a custom-fitted sports mouthguard and wear it at all games and practices. Sports mouthguards put more bite into injury prevention. **NEWS CANADA**



Fruit and vegetables can help your family maintain healthy smiles. ISTOCKPHOTO/THINKSTOCK

Foods for a beautiful smile

TERESA CHYKOWSKI
For Metro

For years we have been told which foods are bad for our teeth. Yes, we get it, sugar causes cavities. Beware of soft drinks, alcohol and candy.

Enough talk about what we shouldn't eat, let's talk about some foods that promote good oral health.

Cheese please: Cheese has a high calcium and phosphate content that provides important benefits for your healthy teeth. It helps balance your mouth's pH, preserves and rebuilds tooth enamel, produces saliva, and kills the bacteria

that cause cavities and gum disease.

Pass the fruit: Fruit such as apples, strawberries, citrus fruits, contain a lot of vitamin C. It is considered the cement that holds all of your cells together, so just as it's vital for your skin, it's important for the health of your gum tissue.

Eat your vegetables: Broccoli, carrots, sweet potato and pumpkin are rich in vitamin A from which tooth enamel forms. If you eat them raw you will get more vitamin A, as well as clean your teeth and massage your gums.

Seriously, raw onion?: Not

great for your breath but they do contain powerful antibacterial sulphur compounds that kill various types of bacteria. Research has also indicated that they are most powerful when eaten freshly peeled and raw.

Sugarless gum good for gums: Studies have shown that chewing gum can have an indirect, positive effect on dental hygiene and health. Chewing gum after meals helps to stimulate the production of saliva and overall salivary flow, which helps to wash away and neutralize the acid produced by bacteria in plaque.

Green tea time: It contains polyphenols, antioxidant

plant compounds that prevent plaque from adhering to your teeth and help reduce your chances of developing cavities and gum disease. Tea also has potential for reducing bad breath because it inhibits the growth of the bacteria that cause the odour.

Keep the water flowing: When you drink water it also cleanses your mouth, allowing saliva to deposit essential minerals back into the weakened teeth.

It's important to remember that individual diets will vary according to specific needs, including allergies, intolerances and deficiencies.

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Quiet trade deadline: Jets nab a centre off waivers

NHL. 27-year-old Mike Santorelli leaves Florida for Winnipeg at trade deadline

The Winnipeg Jets trotted out their No. 1 draft pick and grabbed a potential 20-goal centre off waivers but made no trade-deadline moves Wednesday.

They were reportedly talking to the Buffalo Sabres for a deal that would send Alexander Burmistrov east for right-winger Drew Stafford. But nothing happened before the deadline.

Jets general manager Kevin Cheveldayoff refused to confirm or deny that scenario but said they had to move forward with the players they have now.

"It's one of those things where at different points in time you're talking lots of different players with lots of different teams and different scenarios," he said.

"This is the group that earned the opportunity to be battling at this point in time for a playoff position."

He's made it clear before they were looking for a top-six forward and would still like one but not at any cost.

"Everything comes at a price," he said. "You have to be realistic."

It puts added pressure on the lineup the Jets have now to stop a four-game slide that has them clinging only barely to top spot in the Southeast Division.

Losing the division lead to



Jacob Trouba, the ninth overall pick by Winnipeg, poses on stage with Jets front-office representatives at the NHL draft last June in Pittsburgh. BRUCE BENNETT/GETTY IMAGES

Quoted

"I obviously want to play with the Jets, I want to play in the NHL, but if I need to develop more and get sent to St. John's, that's fine by me."

Defenceman Jacob Trouba on potentially taking a longer route to crack the Jets lineup.

the surging Washington Capitals, who are only two points back, would bump the Jets out of playoff contention, at least for now.

The Jets did claim centre Mike Santorelli, 27, off waivers from the Florida Panthers.

He was drafted by the Nashville Predators in 2004 (178th overall) and traded to Florida

in 2010. In the 2010-11 season he scored a career-best 20 goals and 21 assists for the Panthers.

In 24 games this season, the Vancouver native has had only two goals and one assist and is in the final year of a contract that will pay him \$1.6 million US this season.

He also has skill during shootouts that the Jets could

use, if they get a chance, but with Nik Antropov now on the injured list a little added depth with no risk seemed a no-brainer, suggested the Jets GM.

Earlier in the day the Jets also arranged a conference call with last year's top draft pick, defenceman Jacob Trouba. They announced on Tuesday he had decided to put his college career on hold to fulfil his dream of playing in the NHL.

The native of Rochester, Mich., was drafted by the Jets in the first round, ninth overall, in the 2012 NHL entry draft.

He was named to the 2013 Central Collegiate Hockey Association's All-Rookie team

Elsewhere on Wednesday

- The Ottawa Senators traded goalie Ben Bishop to the Tampa Bay Lightning for rookie centre Cory Conacher and fourth-round pick.
- The Buffalo Sabres traded captain Jason Pominville to Minnesota. The Wild sent prospects Johan Larsson and Matt Hackett plus a first-rounder in 2013 and a second-rounder pick in 2014 to the Sabres for Pominville and a fourth-rounder in 2014.
- The Toronto Maple Leafs acquired defenceman Ryan O'Byrne from the Colorado Avalanche for a fourth-rounder.
- The Pittsburgh Penguins added Jussi Jokinen from the Carolina Hurricanes for a conditional sixth- or seventh-rounder in 2013.
- The San Jose Sharks added toughness and defensive depth, dealing draft picks for forward Raffi Torres from Phoenix and Scott Hannan from Nashville.

determined by a vote of the conference's head coaches and was also named best offensive defenceman in the CCHA.

Trouba also has won three medals for the United States during his career, most recently a gold at the 2013 world junior championships in Ufa, Russia.

Jets failed to match Caps' deal for depth



The surging Capitals traded for talented forward Martin Erat on Wednesday. GETTY IMAGES



THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca

It wasn't the most active trade-deadline day, but a few big names were still moved around. Marian Gaborik. Jason Pominville. Martin Erat. And the Jets did nothing to address their lack of goal scoring and correct the current downward trajectory they are on.

Granted, the trade deadline isn't the flurry of action

it once was. The real deals are being pulled around the NHL draft these days and, especially in this shortened season, it can be tough to make a deep dive.

But Winnipeg needed to do something. The team is hitting a rough patch at the worst time, just as the perennial Southeast favourite Washington Capitals are catching their wind. Those same Capitals went out and dealt their first-round pick from last summer, Filip Forsberg, in a deal for Martin Erat to shore up

their depth up front.

If there is a silver lining for Jets fans, it's that Jacob Trouba decided to leave the University of Michigan in favour of starting his professional career. The big American defenceman with all-round abilities will get a look on the blue-line this season and, if he's ready, could allow the Jets to continue to test Dustin Byfuglien up front. That's not an ideal option, but it is on the table and has the potential to provide Winnipeg with a new, difficult-to-handle weapon on

the front lines.

While the Jets may get a pass for now, if the team continues to falter and falls right out of the playoffs after 48 games, it will be time to get bold. It will be time to be one of the most active teams at the NHL draft, where players such as Jeff Carter, Mike Richards and Jordan Staal have been traded in recent years.

This last stretch has to be the last chance for this team as it currently stands. And if it fails, Winnipeg has to assert itself on the NHL trade market.

Jackets go all-in to land Gaborik from New York Rangers

Trade deadline.

Columbus GM Kekalainen swings deal to bring in sniper

Columbus Blue Jackets rookie general manager Jarmo Kekalainen made an unexpected splash Wednesday at the NHL trade deadline.

The Finnish-born Kekalainen — the NHL's first European general manager — acquired sniper Marian Gaborik from the New York Rangers prior to the deadline. It was a bold move for a GM whose club is 11th in the Western Conference but just one point behind eighth-place St. Louis.

"Throughout this process our focus was to add a player who could provide a boost to



Marian Gaborik GETTY IMAGES

our offence, improve our goal scoring and power play, and we identified Marian Gaborik as the player we wanted," Kekalainen said. "He has been an elite goal scorer in this league for many years and we are very excited to have him."

Columbus also received defencemen Blake Parlett and Steve Delisle from the Rangers for forwards Derick Brassard and Derek Dorsett, defenceman John Moore and a 2014 sixth-round pick.

Gaborik, 31, has nine goals and 10 assists in 19 games but registered 41 goals and 35 assists in 2011-12 and has reached the 40-goal plateau three times. But the Slovak also had a tumultuous tenure in New York, benched often by Rangers coach John Tortorella for defensive miscues.

The veteran left-winger has 333 goals and 333 assists in 757 career games with Minnesota and New York. The three-time all-star is also an expensive addition, in the fourth year of a five-year, \$37.5-million US contract.

THE CANADIAN PRESS

Women's worlds

Canada cruises past Switzerland

Marie-Philip Poulin scored four times to pace Canada to a 13-0 win over Switzerland at the women's world hockey championship Wednesday in Ottawa.

Canada was minus captain Hayley Wickenheiser and assistant captain Caroline Ouellette. Both players were scratched from the lineup prior to the game with upper-body injuries. Head coach Dan Church said they were "day-to-day."

Brianne Jenner scored twice and Jennifer Wakefield had a goal and two assists. Rebecca Johnston, Natalie Spooner, Sarah Vaillancourt, Meaghan Mikkelson and Haley Irwin also scored, with Jayna Hefford contributing a short-handed goal. Charline Labonte stopped 16 shots for the shutout. Poulin tied a record for the most goals in a single game scored by a Canadian player.

THE CANADIAN PRESS



Jays all glove, no bats

Melky Cabrera of the Toronto Blue Jays makes a catch against the Cleveland Indians Wednesday in Toronto. Mark Reynolds homered off Sergio Santos in the 11th inning to lift the Indians to a 3-2 win over the offensively challenged Jays. ABELIMAGES/GETTY IMAGES

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	58	16	.784	—
New York	48	26	.649	10
Indiana	48	27	.640	10½
Brooklyn	43	31	.581	15
Atlanta	42	34	.553	17
Chicago	40	33	.548	17½
Boston	39	36	.520	19½
Milwaukee	36	38	.486	22
Philadelphia	30	44	.405	28
Toronto	28	47	.373	30½
Washington	28	47	.373	30½
Detroit	25	51	.329	34
Cleveland	22	52	.297	36
Orlando	19	56	.253	39½
Charlotte	18	57	.240	40½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	55	19	.743	—
Oklahoma City	54	20	.730	1
Denver	50	24	.676	5
L.A. Clippers	49	26	.653	6½
Memphis	50	24	.676	5
Golden State	42	32	.568	13
Houston	41	33	.554	14
Utah	39	36	.520	16½
L.A. Lakers	39	36	.520	16½
Dallas	36	38	.486	19
Portland	33	41	.446	22
Minnesota	28	46	.378	27
Sacramento	27	47	.365	28
New Orleans	26	48	.351	29
Phoenix	23	51	.311	32

x — clinched playoff berth; z — clinched conference.

WEDNESDAY'S RESULTS

Toronto 88 Washington 78
Brooklyn 113 Cleveland 95
Charlotte 88 Philadelphia 83
New York 95 Atlanta 82
Boston 98 Detroit 93
Minnesota 107 Milwaukee 98
Orlando at San Antonio
Denver at Utah
Memphis at Portland
Houston at Sacramento
New Orleans at Golden State
Phoenix at L.A. Clippers

THURSDAY'S GAMES — All Times Eastern

Chicago at Brooklyn, 7 p.m.
Dallas at Denver, 9 p.m.
San Antonio at Oklahoma City, 9:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	38	28	10	0	0	125	94	56
d-Montreal	36	23	8	3	2	114	89	51
d-Winnipeg	38	18	18	0	2	93	115	38
Boston	35	23	8	2	2	100	77	50
Toronto	36	20	12	0	4	112	100	44
Ottawa	36	19	11	2	4	91	79	44
NY Rangers	36	18	15	0	3	88	87	39
New Jersey	36	15	12	3	6	89	100	39
NY Islanders	37	18	16	3	0	108	115	39
Washington	36	17	17	2	0	107	104	36
Philadelphia	36	16	17	1	2	100	111	35
Carolina	35	16	17	1	1	96	106	34
Buffalo	37	14	17	2	4	98	114	34
Tampa Bay	35	15	18	0	2	112	106	32
Florida	37	12	19	5	1	91	127	30

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	35	27	5	0	3	119	76	57
d-Anaheim	36	24	7	2	3	111	90	53
d-Minnesota	35	21	12	1	1	98	90	44
Vancouver	36	19	11	1	5	94	93	44
Los Angeles	36	20	13	1	2	104	91	43
San Jose	35	18	11	3	3	88	86	42
Detroit	36	18	13	3	2	94	94	41
St. Louis	34	18	14	1	1	98	94	38
Nashville	37	15	14	2	6	92	100	38
Edmonton	35	15	13	4	3	91	96	37
Columbus	36	15	14	3	4	87	97	37
Phoenix	36	15	15	2	4	97	102	36
Dallas	35	16	16	2	1	94	107	35
Calgary	34	13	17	1	3	94	118	30
Colorado	36	12	20	3	1	87	114	28

d — division leader. Note — division leaders ranked in top three positions per conference regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

WEDNESDAY'S RESULTS

Philadelphia 5 Montreal 3
NY Rangers 6 Pittsburgh 1
Edmonton at Calgary
Dallas at Anaheim
Minnesota at San Jose
THURSDAY'S GAMES — All Times Eastern
Boston at Toronto, 7 p.m.
Philadelphia at Toronto, 7 p.m.
NY Islanders at Washington, 7 p.m.
Tampa Bay at Carolina, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Columbus at Nashville, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Edmonton at Vancouver, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	1	0	1.000	—
Baltimore	1	1	.500	½
Tampa Bay	1	1	.500	½
New York	0	1	.000	1
Toronto	0	1	.000	1

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	2	0	1.000	—
Cleveland	1	0	1.000	½
Detroit	1	1	.500	1
Minnesota	1	1	.500	1
Kansas City	0	2	.000	2

WEST DIVISION

	W	L	Pct	GB
Seattle	2	0	1.000	—
Texas	2	1	.667	½
Los Angeles	1	1	.500	1
Houston	1	2	.333	1½
Oakland	0	2	.000	2

WEDNESDAY'S RESULTS

Chicago White Sox 5 Kansas City 2
Texas 4 Houston 0
Minnesota 3 Detroit 2
Tampa Bay 8 Baltimore 7
Boston at N.Y. Yankees
Cleveland at Toronto
Seattle at Oakland
THURSDAY'S GAMES — All times Eastern
Detroit (Porcello 0-0) at Minnesota
(Pelfrey 0-0), 1:10 p.m.
Kansas City (Guthrie 0-0) at Chicago
White Sox (Floyd 0-0), 2:10 p.m.
Baltimore (Gonzalez 0-0) at Tampa Bay
(Hernandez 0-0), 3:10 p.m.
Seattle (Maurer 0-0) at Oakland
(Griffin 0-0), 3:35 p.m.
Boston (Dempster 0-0) at N.Y. Yankees
(Pettitte 0-0), 7:05 p.m.
Cleveland (Myers 0-0) at Toronto
(Buehrle 0-0), 7:07 p.m.

NATIONAL LEAGUE

THURSDAY'S GAMES — All times Eastern
L.A. Angels (Blanton 0-0) at Cincinnati
(Arroyo 0-0), 12:35 p.m.
Chicago Cubs (Wood 0-0) at Pittsburgh
(McDonald 0-0), 12:35 p.m.
San Diego (Stults 0-0) at N.Y. Mets
(Gee 0-0), 1:10 p.m.
Miami (Leblanc 0-0) at Washington
(Zimmermann 0-0), 4:05 p.m.
Philadelphia (Lee 0-0) at Atlanta
(Medlen 0-0), 7:10 p.m.



Horoscopes

Aries

March 21 - April 20

You may be down because you have not accomplished as much as you had planned but there is really no point moaning about it. Just set new targets and get on with your life.

Taurus

April 21 - May 21

You will need to compromise today, especially where money is concerned. It does not matter what your feelings are, it matters only that you reach an agreement with those who hold the purse strings.

Gemini

May 22 - June 21

Be careful what you say over the next 24 hours as the planets warn someone could take your words the wrong way. You know how touchy some people can be and how easy it is to lose friends.

Cancer

June 22 - July 23

Before you do anything else today, remind yourself that you are the boss. If you want to change your plans because your mood has changed that is entirely up to you. Friends and family should know you by now.

Leo

July 24 - Aug. 23

The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months. Don't be afraid to commit yourself to a creative project. You can make it work.

Virgo

Aug. 24 - Sept. 23

Your time is precious, so don't waste it on trivial things and trivial people. You know what you should be doing — you can feel it in your bones — so get on with it. It's all about setting the right priorities.

Libra

Sept. 24 - Oct. 23

You need to have words with someone who has let you down. You need to let them know you are not amused. Don't accept excuses but don't make them feel too bad either. You're still friends after all.

Scorpio

Oct. 24 - Nov. 22

You feel a bit tired after all the comings and goings of the past few days and should treat yourself to a break. Remember the law of diminishing returns: past a certain point, it's futile to work harder.

Sagittarius

Nov. 23 - Dec. 21

If you merely assume that things will turn out right, they may. But they could just as easily go wrong. Ask yourself what you can actually do to ensure the desired result — then do it.

Capricorn

Dec. 22 - Jan. 20

The only thing that can hold you back now is a lack of self-confidence. Others may think you are supremely assured but there is in fact a major doubt nagging away inside you. Deal with it quickly.

Aquarius

Jan. 21 - Feb. 19

Everything you say and do has an effect on other people, even people you don't know personally, so think before you speak and act. On a cosmic level, you are responsible for others as well as yourself.

Pisces

Feb. 20 - March 20

If you want to succeed, you need to be aware not only of areas where you are good but also areas where you are not so good. What are your weaknesses? **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Tuktoyaktuk locale, for short
4. ___ Current, Saskatchewan
9. Superman's father on the planet Krypton, ___
14. 1988 Poison album: 'Open Up and Say... ___'
15. Chocolate source
16. TV teaser
17. Spirit's sound
18. Michael J. Fox TV role, ___
20. Country singer Ms. Lambert
22. Church: French
23. "Say it ___ so!"
24. Pointed arch in architecture
27. Bug
29. Superlative suffix
33. Change the house's topping again
36. Outfit
38. On-the-road reversal
39. Surgery sites, for short
40. Cook's garb
41. Shakespearean tragedy, Troilus and ___
43. Soldiers
44. Larry ___ (Tony's original portrayer on Broadway in West Side Story)
45. Negotiations
47. Bar, legally
48. Dutch cheese
52. Layers combed for fossils



Down

1. One of The Judds
2. "___ it?" (Asked at the door)
3. Rose's one-of-some
4. All-in-one printer function
5. "The Muppet Show" hecklers, Statler & ___
6. Pleistocene event: 2 wds.
7. All-in-one printer

function

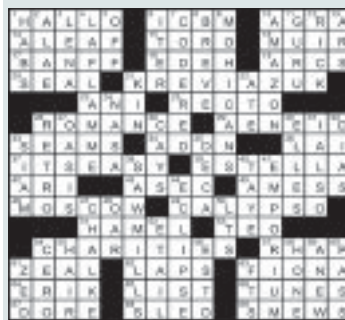
8. Shirt
9. PC image file format
10. Spoken
11. Roast: French
12. Namesakes of funnyman Mr. Philips
13. Sole
19. Doesn't discard
21. If everything else fails: 2 wds.
25. Repetitive

26. Some delivery vehicles
28. Particles
29. Puts upon
30. River of Spain
31. Food-like food
32. Some money bills
33. Tip to 'sack' (Backpack)
34. Raison d'___
35. Penitent person
37. "My Name Is ___"
39. Poetic pieces
42. Model of perfection
43. Like wrists and ankles for some athletes: 2 wds.
46. Backstage mentor on "American Idol", Jimmy ___
49. Part of Fred Flintstone's exclamation!
50. Do well, for instance, on an exam: 2 wds.
51. ___ Lake Accord
52. Originate from
53. ___planting ceremony
54. ___ avis (Rare bird, Latin style)

55. Keen

56. Kicker's pegs
58. Sleep stages, commonly
60. Make small talk
61. French article

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -3°
MIN: -9°

FRIDAY



MAX: 0°
MIN: -7°

SATURDAY



MAX: -1°
MIN: -14°



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